

# Family Readiness and Support Training SD AIR NATIONAL GUARD



SPOUSE
PARENTS
SIBLINGS
GIRLFRIEND
BOYFRIEND

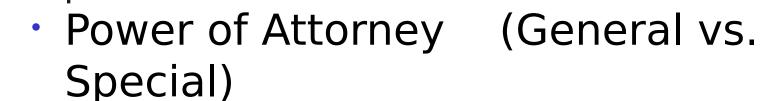
GRAND PARENTS
GOOD FRIENDS
NEIGHBOR
SIGNIFICANT
OTHERS

### **Deployment Support**

Before, During and After ...







- Will and/or Living Will
- Soldiers' & Sailors' Civil Relief Act
- Write a letter creditors

Legal Office 605-988-5640

#### Health Care

- - n Tri-Care
    - TRIWEST 1-888-874-9378
    - www.tricare.osd.mil
    - Where do I go?
    - When do I notify Tri-Care?

#### Pay & Allowances



#### Deployment Benefits:

- Hostile Fire Pay (HFP) -Hardship Duty Pay (HDP)
- Combat Zone Tax Exclusion (CZTE)
- Foreign Duty Pay (FDP) -Unit Essential Messing
- Family Separation Allowance (FSA)
- File your travel voucher as soon as possible
- Military Pay 605-988-5851



### Personal Financial Management

Basic Financial Management Skills
Balancing Checkbook
Budgeting

Turning your finances around ...

Living paycheck to paycheck

Credit card debt, interest rates, the fine print

**Debt Consolidation** 

Investment information

Individual Assistance 605-988-5722



### Financial Management

Government Credit Card

Excess baggage charges at commercial airport Unexpected delays and lodging expenses

ATM access at forward locations – take some cash! Paying your bills...

Pre-addressed stamped envelopes with signed checks

Forward mail

**Allotments** 

On-line





Emergency financial assistance Case by case basis Travel, transportation, loss of life

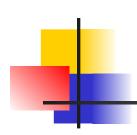
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#### American Red Cross

Emergency contact assistance nationwide

- 1-877-272-7337
- Social Security Number
- Deployed location
- Emergency Contact Number
- Local Red Cross Number
   Military orders

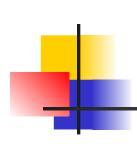


## Military Personnel Flight

**Emergency Data Card** 

Dependant ID Cards

**DEERS Enrollment** 



## Family Readiness Program

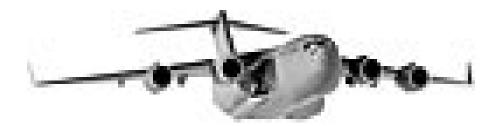
24 hours a day, 7 days a week
Emergencies
Family Assistance is a phone call away

OFFICE 605-988-5962

CELL 605-212-4925



## 3 Stages of Deployment



Pre-Deployment Deployment Reunion



### Pre-Deployment

There is a difference between ready "to go" and ready "to part." Being ready "to go" means a duffel bag is packed, shots and TDY preparations are complete.

Being ready "**to part**" from your family means being aware of family separation issues, and dealing positively with those issues.

### STAGE 1 PRE-DEPLOYMENT

Stress Anxiety

Arguments
Anger/Resentment

**Advance Planning** 

Family, finances, assets, utilities, etc.

### STAGE 2 -Deployment

Each deployment is unique

People react differently

Overwhelmed Sleeping disorders

Guilt and Depression

Help is available:

Chaplain\*\*Co-workers\*\*Chain of command

Family Support Group, First Sergeant,

Communication







## Stage 3 Reunion

Reunions are **not** a "Change-of-Command" Take it slow- take time to get re-acquainted What you might find ...

You have to call for your ride home

A "new" family pet Rearranged furniture

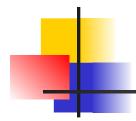
Methods of child discipline have changed

Unexpected bills or new expenses

He/She won't return the check book

Avoid the "3rd Degree"!

### Children & Separation



Talk to children about deployment Taking time, before you go

Family video

Family picture collage

Pre-record bed time stories

8x10 picture of yourself in child's room

Turning the TV off at dinner time

Send/Receive "care packages"

Take a camera with you



#### Sustainment

#### **Hearts Apart Programs & Services**

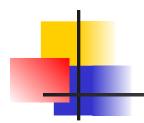
Morale Calls

E-Mail – GI Mail

Video Phone - Teleconferencing (VTC)

**Phone Cards** 

Stationary Kits



#### POV s

Storage

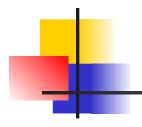
Insurance - CALL YOUR AGENT



## Important Documents

- Military Orders
- Marriage Certificate
- Citizenship Papers
- n Adoption Papers
- Social Security Cards
- Shot Records
- Power of Attorney
- n Child Custody Papers

- Insurance Policies
- will and/or Living Will
- n Lease / Mortgage
- n Bank Statements
- Credit CardStatements
- Tax Papers
- n Court Orders



#### SO WHERE ARE THEY????????

Where to find your papers
Who has access (key, combination)
Did you leave a power of attorney?

### **Achieving Mission**



## Readiness Through Family Readiness



## Questions?